

THE TOBACCO HABIT

The present crusade against the use of tobacco, and its disastrous effects, is no less important, than that against alcoholic drinks. Indeed they may properly be classed as twin brothers, for, as a rule, one who indulges in one, indulges, more or less in the other.

Both of these bad habits affect the proper and natural action of both the heart and the brain—two of the most potent and vital organs of the human body, on whose proper and healthy action we depend to enable us to properly and efficiently discharge the daily duties and labors of life.

This being the case, how necessary and important it is that we take timely warning from others who have suffered in many distressing ways through their indulgence in foolish and pernicious habits.

Having been an inveterate smoker and chewer of strong tobacco for 45 years or more, which cost me many hard-earned dollars, as well as many a headache and heartache, I ought to be qualified to speak authoritatively on the tobacco question and its evil consequences.

My pipe and my chew used to enslave me so that many a time I have got up in the night to appease my morbid abnormal desire, and if I should happen to leave home, forgetful of my pipe and tobacco—even if my work lay at a considerable distance away from home, I would have to return to curry the favor of my nasty, stinking, coffin-nail nicotine master. So much control did he have of me, that while out in company, the craving I had for my pet pipe and tobacco was so that I would frequently have to excuse myself for awhile, for a greedy smoke or chew at the back door.

At last, seeing Mr. Nicotine was sapping the foundation of my health and happiness, I resolved to put myself, will and moral courage to the test, and see which of the two of us were master, so I laid my pipe and tobacco on the shelf and began the struggle, and struggle sure it was. I used to go once in awhile to look at them to see whether or not my moral strength was increasing or diminishing, and to my credit found that I had strength and stamina enough to shake my fists defiantly in the face of my old tyrant foes.

For over twelve months I was terribly upset and uneasy—so much so, at times, that I scarcely knew what I was doing and kept fumbling and feeling in my pockets for the apparatus that haunted me, but at last I was victor, and ever since I have been glad that I succeeded so well; for while under such slavish bondage, I felt abashed, and was losing confidence in myself, knowing I was setting a bad example before my family and other young people, when I should have been influential and exemplary, in my conduct both at home and abroad, and sincerely felt that I had much need of genuine and speedy repentance.

In writing this article, the paramount point I wish to make is that it is much better and easier to prevent evil habits than to cure them. So young men take notice and heed this advice.

My first use of the abominable weed was when I was quite young. In those

days card playing was a very common practice among grown-up young men, who would encourage young lads to smoke, thinking it would make them appear manly, but oh, what an awful, deathly sickness it incurred at first, to learn to smoke tobacco, a feeling I shall never forget.

I have heard tobacco slaves, as well as liquor sets, declare that once a complete captive to either of these habits absolute abstinence is almost impossible, but I know from actual experience that with self reliance, moral courage and strong will power, assisted by good kind encouragement and friendly advice, together with God's help, which assists every worthy human effort, one can, by diligent perseverance subdue and overcome the most of the weaknesses common to humankind, and make the world better and happier for their worthy examples.

—J. C.

FAVOR BONUS OF \$50

Favoring a bonus of \$50 for each month served in the world war, to be paid to every soldier, sailor or marine by the federal government, a resolution was adopted by the executive committee of the state branch of the American Legion at a meeting held Saturday in Salt Lake.

The action taken was in response to the national executive committee request, which body recently adopted a similar resolution. A copy of the resolution will be forwarded to the branch posts of the state and each post will telegraph its desires to the congressional delegation at Washington from Utah, according to John E. Holden, state secretary.

Only two state organizations in the Union have objected to the proposal, these being Alabama and Arkansas. Their objection is based on the fear that sudden wealth might incite the negroes to racial disturbances.

Given Verdict of \$2,000 Against A. K. Thornton

In the suit of Mrs. Armenta Hanson vs. A. K. Thornton, which occupied the attention of the district court several days last week, the jury brought in a verdict for the plaintiff Saturday for \$2,000. The suit was for \$10,000 for alleged injuries sustained by plaintiff and damage to an automobile in an accident between American Fork and Pleasant Grove, May 14, 1919.

Mr. Thornton will ask for a new trial, it is said.

SCOUT NOTES

On Sunday and Monday—Washington's birthday and the national holiday—the Boy Scouts of the First and Fourth wards asked permission and received it, to raise the City flag at sunrise and lower it at sunset each day. About 15 to 20 boys assembled each time and while the flag was being raised and lowered the boys stood at attention. They have been studying the respects that are due to our flag and seized this opportunity to put some of them into practice.

The Boy Scouts of the First ward spent Saturday on a hike. They left town at 8 a. m. and walked to Grove Creek Canyon, just north of Pleasant Grove. When they arrived they took refuge in an old shed from the rain and cooked their dinner. The clouds rolled away and the boys enjoyed a good climb up the mountain. They came home afoot, about 5 p. m., all tired, yet happy for their experiences.

J. TRACEY WOOTTON Attorney at Law

IN AMERICAN FORK SATURDAY OFFICE CHIPMAN BANK BLDG. American Fork, Utah
SALT LAKE OFFICE 210 KEARNS BLDG.

PIERCE, CRITCHLOW and BARRETTE.

Attorneys at Law
207 McCormick Bldg., Salt Lake
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ESTRAY NOTICE

State of Utah,
County of Utah,
American Fork Precinct:

I have in my possession the following described estray animal, which if not claimed and taken away, will be sold at public auction to the highest cash bidder, at my place in American Fork precinct on Saturday, the 6th day of March, 1920, at 2 p. m.

One light red steer, white face, 2-year old; no ear marks; brand resembling A O on left shoulder.
Said animal was taken up by me in said precinct on the 25th day of Feb. 1920.

SAMUEL DEAN,
Poundkeeper of American Fork Precinct. 28-1t

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RESTRICTED.

It's moved into a restricted neighborhood we have.

One of those neighborhoods where ye have to build a \$10,000 house?

Not so bad as that. But we had to get rid of the goat.



William Thornton Drug,
Six Stores—American Fork, Delta, Murray, Pleasant Grove and Provo.

Carrying a Ton a Mile for less than a Cent

Freight rates have played a very small part in the rising cost of living.

Other causes—the waste of war, under-production, credit inflation—have added dollars to the cost of the necessities of life, while freight charges have added only cents.

The average charge for hauling a ton of freight a mile is less than a cent.

A suit of clothing that sold for \$30 before the war was carried 2,265 miles by rail from Chicago to Los Angeles for 16½ cents.

Now the freight charge is 22 cents and the suit sells for \$50.

The cost of the suit has increased 20 dollars.

The freight on it has increased only 5½ cents.

Other transportation charges enter into the cost of the finished article—carrying the wool to the mills and the cloth to the tailors—but these other charges amount to but a few cents more.

The \$10 pair of shoes that used to sell for \$5 goes from the New England factory to the Florida dealer for a freight charge of 5½ cents—only one cent more than the pre-war rate.

Beef pays only two-thirds of a cent a pound freight from Chicago to New York.

American freight rates are the lowest in the world.

This advertisement is published by the Association of Railway Executives

Those desiring information concerning the railroad situation may obtain literature by writing to The Association of Railway Executives, 61 Broadway, New York.

Dollars and Cents.

Counting it only in dollars and cents, how much did that last cold cost you? A man may not always stop work when he has a cold, but perhaps it would be better if he did. It takes about ten days to get completely rid of a cold under the usual treatment. That time can be much shortened by taking Chamberlain's Cough Remedy and proper care of yourself, in fact, a bottle of this remedy in the house is a mighty good investment during the winter and spring months. (adv.)

Come in and pay your subscription to this paper—don't wait for our collectors. 13 2

M. A. SCOTT, Manager

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